








Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
 <p><b>1</b></p> <p><i>"Don't forget to fall back"</i></p> <p>Daylight Saving Time Ends</p>	<p><b>2</b></p> <p><b>Center Closed</b></p>	<p><b>3</b></p> <p>9:00 Strength Tr 10:00 Wii Bowl 11:45 Today's news 1:00 Crochet Club</p>	<p><b>4</b></p> <p>10:00 Card Games 10:30 Sit &amp; Be Fit 11:45 Today's news 12:45 "Fruity" BINGO</p>	<p><b>5</b></p> <p>9:00 Strength Tr. 10:00 Wii Bowling 10:30 – Craft Project Colorful Feather 11:45 Today's news 12:00 Birthday cake &amp; Ice Cream</p>	<p><b>6</b></p> <p>Wal-Mart Shopping Frederick, MD 10:00 – 3:00 <i>Groceries for Seniors at Frederick Senior Center 1:00 – 2:00</i></p>	<p><b>7</b></p> <p><i>Department of Aging trips for November:</i></p> <p>11/13 York PA</p> <p>11/20 Susquehanna</p>
<p><b>8</b></p>	<p><b>9</b></p> <p><b>Center Closed</b></p>	<p><b>10</b></p> <p>9:00 Strength Tr 10:00 Wii Bowl 11:45 Church Lunch 12:30 11:45 Today's news &amp; Trivia 5:30 PIZZA &amp; Card Party</p>	 <p><b>11</b></p> <p><b>Center Closed</b></p> <p>Veterans Day (US) Remembrance Day (Canada)</p>	<p><b>12</b></p> <p>9:00 Strength Tr 10:00 Fall Prevention Program 11:45 Today's news 1:00 – Craft Project Paper Cutting</p>	<p><b>13</b></p> <p>10:00 Phase 10 Cards 11:45 Today's News &amp; Trivia 12:00 <i>Baked Potato Bar</i> 1:00 Local Shopping</p>	<p><b>14</b></p> <p><i>Art Museum</i></p> <p><i>For reservations or more details about trips please see trip flyer or call for more details 301-600-1605</i></p>
<p><b>15</b></p> <p><i>Our Thanksgiving Dinner will be on Tuesday November 24, please make your reservations no later than Wednesday November 18</i></p>	<p><b>16</b></p> <p><b>Center Closed</b></p>	<p><b>17</b></p> <p>9:00 Strength Tr 10:00 Wii Bowl 10:00 Let's make some apple butter 11:45 Today's news 1:00 Crochet Club</p>	<p><b>18</b></p> <p>9:30 Med D Appts. 10:00 Nurse Steve "Can I really be an organ donor at my age?" 11:30 Lunch Out with Friends</p>	<p><b>19</b></p> <p>9:00 Strength Tr 10:00 Wii Bowling 10:30 – Craft Project Apple Plate 11:45 Nutrition Minute "Apples" 6:00 Dinner &amp; Dance Eagles Club</p>	<p><b>20</b></p> <p>10:00 Phase 10 Cards 11:45 Today's News &amp; Trivia 1:00 Local Shopping</p>	<p><b>21</b></p> 
 <p><b>22</b></p>	<p><b>23</b></p> <p><b>Center Closed</b></p>	 <p><b>24</b></p> <p><i>"Tie One On"</i></p> <p>9:00 Strength Tr 10:00 Wii Bowl 11:45 <i>History of Aprons</i> 12:00 Turkey Dinner 1:00 Crochet Club 5:30 Card Party</p>	 <p><b>25</b></p> <p>9:30 Breakfast &amp; BINGO 11:45 Today's news 12:45 Bingo</p>	<p><b>26</b></p>  <p><b>Center Closed</b></p> <p>Thanksgiving Day (US)</p>	<p><b>27</b></p> <p><b>Center Closed</b></p>	<p><b>28</b></p> <p><i>Volunteer opportunities available, please call us at 301-834-8115</i></p>
<p><b>29</b></p>	<p><b>30</b></p> <p><b>Center Closed</b></p>	<p><b>November 2015</b></p> <p><i>Brunswick Senior Center</i></p> 